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Fifth CMSAF motivates Team Yokota

By Master Sgt. Dominique Brown
374th Airlift Wing Public Affairs

The fifth chief master sergeant of the Air Force wrapped up a five-day visit to Samurai Country and left an indelible impression.

The dynamic speaker came here on invitation to share his many experiences and words of wisdom with personnel throughout the base.

Throughout his shared stories, thoughts and opinions, retired CMSAF Robert "Bob" Gaylor passed on anecdotes that exemplified his incredible knowledge and history, with an emphasis on leadership.

"The fine points of a good leader are universal – time tested," he said. "Fairness, communication, consistency, discipline, defining the standard and letting people know the ground rules are some basics to leadership," explained the self-proclaimed "provocateur of thought."

Chief Gaylor had a full itinerary during the five-day visit and met with Airmen from nearly every unit on base. During a visit to meet with the 374th Airlift Wing enlisted force, the chief was asked if he thought people were born

leaders or taught to be leaders. Without hesitation, the chief said the answer was both. "Some are natural leaders; you see it early in small children on the playground. Others are developed through education and training."

The chief also made a stop at the Airman Leadership School as a guest speaker. "When I joined in 1948, we didn't have the training we have today," said the Non-commissioned Officer Academy honor graduate. "The Force is much better trained now – PME is the key to mission accomplishment. It is difficult to ask a person to lead without leadership training."

In fact, the chief, who retired in 1979, said his initial thrust at leadership would not have been applauded. "It took reinforcement from experienced leaders," he explained.

The Operational Readiness Inspection was also a topic of interest during Chief Gaylor's visits around the base.

"The key is to build quality in," he explained. "If you are doing everything you are supposed to do, you don't mind inspections."

"An ORI is doing nothing more than what you do everyday with an audience. If each worker is trained and skilled and know what they are doing then defects



photo by Staff Sgt. Karen J. Tomasik

Fifth Chief Master Sgt. of the Air Force Robert "Bob" Gaylor speaks with the enlisted members of the 374th Airlift Wing Tuesday afternoon. The chief visited the base and its Airmen throughout the week.

are minimal. There is no magic pill—I realize from first hand experience that there are challenges, frustrations and set backs, but the answer is to find solutions then work through them."

Chief Master Sgt. Catherine Barker, 374th Airlift Wing command chief, said, "The chief is extremely motivating. He tells an important story of leadership and motivation, and the timing is perfect just days out from the inspection."

Chief Gaylor's itinerary also

included 5th Air Force's 12 Outstanding Airman of the Year awards banquet where he was the guest speaker.

"Cream always rises to the top," said the chief. "However, if I were to be compared to the other 13 Chief Master Sergeants of the Air Force, I may not have been the best, but I was the best I was capable of being. Do your best, that's what counts."

When asked about his views on the future for the men and women serving in the Air Force,

Chief Gaylor said he sees a new management of the force.

"We will have less resources and will have to learn to use the resources we have wisely," he explained. "Career changes, mobility and a time of flexibility. But I also foresee this as an exciting time because of the unknown."

When asked why he takes the time to visit Airman all over the globe, the chief said, "This is what I do, it is my way of paying back the force, to thank everyone for what they do."

Services Division rakes in another PACAF award

Organization to compete at AF level to earn the Curtis E. LeMay Award

By Capt. Ben Alumbaugh
374th Airlift Wing Public Affairs

The 374th Airlift Wing Services Division was awarded the best in Pacific Air Forces and will now go forward to compete for the 2006 Air Force LeMay Award for the best large services division.

"This award tells everyone involved with services here at Yokota Air Base what people think of them," said Robyn Sleeth, 374th Services division chief. "PACAF recognized us as the best of the best and this nomination for the LeMay Award means a lot to all of us in services."

An Air Force awards team will make

the final decision on who wins the 2006 LeMay Award as they tour the different major command winners from March 28 to April 28.

Being the best in PACAF is just another notch in the proverbial belt for the 374th Services Division. For the 2005 year, the division has racked up an impressive array of awards at the PACAF and Air Force level.

"Without our customers this would not have been possible," said Mr. Sleeth. "Also, this is a total community award. If it wasn't for the support from the civil engineer squadron, logistics readiness squadron, and of course our senior leadership, we couldn't have earned this."

One of the reasons for winning the award was the ability to create new programs for the base. These included the "U" program, which was PACAF's highest rated customer appreciation program, along with the "Single Airman and Family Moonlight Golf" program at the Par 3 golf course which provided Yokota with new entertainment and fun.

"We are going to be bigger and better next year," said Mr. Sleeth. "We have some really creative and enthusiastic people who are coming up with some seriously interesting ideas."

Services is hoping to add the LeMay Award to their already impressive list of awards for the past year. Yokota has the best Enlisted Club in the Air Force, along with being recognized by Pacific Stars and Stripes as the Readers' Choice award for the Kanto Lodge, the Officers' and Enlisted Clubs.

"We are not quitting here," said Senior Master Sgt. Freddy Estacion, 374th Services superintendent. "We are going to continue to press forward and let everyone know that we are the best services organization in the Air Force. It's a team effort and with the support of our customers, we will continue to provide excellence. We live and breathe the motto 'You asked, we listened, here it is.'"

The LeMay Award is special recognition for excellence in programming and service and was named in honor of General Curtis E. LeMay. The award's purpose is to encourage excellence in services programs Air Force-wide.

Yokota has never won the LeMay Award since the award's inception. Kadena Air Base was last year's winner and has won the award multiple times along with Misawa Air Base.

ORI countdown: 2 days

Combat Readiness Detractors: helping the one percent 'get it'

The following Airmen received non-judicial punishment during the month of February:

A major received a forfeiture of \$2,877 pay per month for two months (forfeiture in excess of \$500.00 per month suspended) and a reprimand for maltreating a subordinate by sexually harassing her and making two false official statements.

A first lieutenant received a forfeiture of \$1,000 pay per month for two months (forfeiture in excess of \$250.00 per month suspended) and a reprimand for fraternization with a married master sergeant.

A master sergeant received a reduction to technical sergeant, suspended forfeiture of \$1,499 pay per month for two months and a reprimand for committing adultery and indecent acts.

A technical sergeant received a reduction to staff sergeant and 45 days extra duty for having an improper relationship with one of his subordinates and making a false official statement.

A senior airman received a reduction to airman first class, a suspended reduction to airman, 45 days restrictions, 45 days extra duty and a reprimand for driving while intoxicated and making two false official statements.

The following Airmen received punishment from Japanese authorities:

A senior airman received a fine of 90,000 yen for speeding.

A civilian received a fine of 70,000 yen for speeding.

(Courtesy of 374th Airlift Wing Legal Office)



photo by Staff Sgt. Jennifer Redente

An eye for detail

Senior Airman Michael Brady, a fuels laboratory technician deployed from the 374th Logistics Readiness Squadron to the 455th Expeditionary LRS, pulls two milliliters of distilled water to add to JP-8 fuel to check the fuels system icing inhibitor. This process ensures there is no water in the fuel, which can cause it to freeze. Airman Brady is assigned to the petroleum, oils and lubricant element at a forward deployed location in support of Operation Enduring Freedom. He deployed as part of an Air Expeditionary Force rotation.

Base chapel earns best in command

By Capt. Warren Comer
374th Airlift Wing Public Affairs

The Yokota Air Base Chapel won the Terrence P. Finnegan award for the best medium chapel in Pacific Air Forces for 2005.

Despite manpower shortages and numerous deployments, the chapel staff was praised for their ability to overcome these obstacles while increasing services provided to Airmen and their families.

"The members of the Chapel team have an unusual humility and grace," said Chaplain (Lt. Col) Gary Linsky. "We did this by working and pulling together, despite some intense staffing shortages caused by deployments and training opportunities."

A significant amount of improvements were made at the chapel over the course of the year to include installation of new pews and sanctuary furnishings. The chapel was

also completely repainted and re-carpeted.

Not only did these upgrades add to the overall appearance of the chapel, they also presented visitors with a warm, friendly and relaxed atmosphere.

"Our team focused on the basics of providing quality religious programs with consistency while simultaneously working to improve our facilities appearance and worship environment," said Chaplain Linsky. "Being a 'visible reminder of the holy' is at the heart of our ministry which is absolutely vital for a very stretched and hard-working base community."

The chapel staff also led the way in supporting two homeless ministries in the downtown Tokyo area, recruiting 1,000 volunteers to help provide approximately 89,000 meals to people in need.

They also had a banner year with vacation bible school activities, gaining 300 participants and a new advent program that garnered 120 members. An Ecumenical

Singles coordinator position was also created by the chapel, bringing 75 junior enlisted into a program that provided them with a unique tool for worship, growth and morale in an overseas environment.

While the chapel staff's teamwork was what won them this honor, much of the chapel's successes were due to chaplain assistants for their hard work and dedication that provides the base with such a top-notch service.

"Chaplain assistants are usually in the background, un-noticed, supporting everything that the chapel does and this award reflects the hard work that we all contribute to the Chapel and to the Yokota Team," said Master Sgt. Darren Lee, chaplain services support superintendent.

"It takes a special person to often give up one's weekend, holiday and evenings, many times at a moment's notice, to provide the support needed to put on a quality program," he added.

NEWS AROUND THE AIR FORCE & PACAF

For these stories and more, visit Air Force Link at www.af.mil

More personnel actions available online: WASHINGTON (AFPN) – Like MyPay and LeaveWeb before, the Air Force is bringing even more military personnel flight actions online. The process takes effect March 31, and will encompass even more options than those of the Virtual MPF site already on the Internet.

The transformation is a four-phase program, beginning this month and continuing through 2011.

Air Force releases 2006 posture statement: WASHINGTON (AFPN) -- The Air Force released its "posture statement" detailing the service's missions and priorities over the next year.

The 52-page document's introduction asks Airmen to look from their heritage to the horizon, taking lessons from the past and adapting them for the future.

Nihon-go now

⇒ **White Day is March 14.**

Howaito dei wa san gatsu jyu yokka desu. (hoo-wah-ee-too deh-ee wah san gah-t-soo joo yo-kah dess.)

⇒ **What should I buy for White Day?**

Howaito dei you ni nani wo kaita hougaai desuka. (hoo-wah-ee-too deh-ee yoo nee nah-nee oo kah-ee-tah hoo-gah-ee dess kah.)

AD

Women’s history celebrated this month

By Tech. Sgt. Colleen Blake-Harris
374th Airlift Wing

March is Women’s History Month, and this year’s theme is “Our history is our strength.” This month Americans reflect on the achievements of women and honor those women who led the way. “We often forget that we were not always considered equal to men and at one time,” said committee member Master Sgt. Connie Lindsey, 459th Airlift Squadron, airlift operations superintendent. “It was unheard of for a woman to work outside the home,” Women’s History Month began with a cake cutting ceremony March 1, and several more events are scheduled throughout the month to recognize women’s accomplishments

and inspire the next generation to continue celebrating women’s achievements. “We have an essay contest for school age children, titled ‘The woman that inspires me the most,’ which will be collected from teachers March 22, with a prize awarded to the winner,” said Tech. Sgt. Vanessa McIver, committee member and essay contest point of contact. A Health Fair is scheduled for March 28 at the Enlisted Club from 10 a.m. to 2 p.m. to address women’s health issues and the base library has an educational book exhibit that will be on display the entire month of March. Women’s History Month culminates in a luncheon March 30 at the Officer’s Club from 11:30 a.m. to 1 p.m.

The first public celebration of women's history in the United States was in 1978. It recognized the contributions of women with "Women's History Week" in Sonoma County, Calif. In 1981, a joint Congressional resolution proclaimed a national Women's History Week. In 1987, Congress expanded the celebration to an entire month, and March was declared Women's History Month. “I have a daughter, and I want her to know there are no limits just because she is a woman,” said Sergeant Lindsey. “I feel we need to celebrate those women who paved the way for us to be able to do anything we desire.” For more information on Women’s History Month events, call 225-5225.

Senior master sergeant promotions announced

RANDOLPH AIR FORCE BASE, Texas – The Air Force has selected 1,303 master sergeants for promotion to senior master sergeant. The board, which convened Jan. 30 to Feb. 17, considered 15,104 master sergeants for an 8.63 percent select rate. Last year's selection rate was 9.19 percent. The average score for those selected was 661.37 with an average time in grade and time in service of 4.42 and 20.22 years respectively. Yokota Airmen selected for promotion are: William Anders, 20th Operational Weather Squadron; Kenneth Bourns, 374th Communications

Squadron; Claude Bryant, 374th Mission Support Group; Alisa Burns, AFELM DFAS; Fernando Echon, 374th Medical Support Squadron; Tom Johnson, 374th Logistics Readiness Squadron; Brian Loisel, 374th Civil Engineer Squadron; Steven Oakes, 374th CES; Ronald Parks, AFELM DISA; Henry Purvis, 374th LRS; Paul Raymond, 374th LRS; Manuel Saladin, 374th LRS; Bruce Turner, 374th Operations Support Squadron; Sharon Williams, 374th Medical Operations Squadron; Richard Woody, 730th Air Mobility Squadron. (Courtesy of Air Force Personnel Center)

Birth announcements

Jan. 5 – Dylan Kai Feinberg, eight-pound, 11-ounce son of Tracy and Aaron Feinberg.

Jan. 10 – John William Killoran, nine-pound, 12-ounce son of Marin and Scott Killoran.

Jan. 11 – Logan Kai Nunez, nine-pound, seven-ounce son of Judith and Ed Nunez.

Jan. 20 – Mattias William Stadler, six-pound, three-ounce son of Johnna and Adam Stadler.

Jan. 20 – Jasmine Malayah-Gyrane Pacheco, seven-pound, two-ounce daughter of Tiffany and Gabriel Pacheco.

Jan. 20 – Samantha Joy Franklin, eight-pound, one-ounce daughter of Joy and Samuel Franklin.

Jan. 22 – Analia Elaine Simmons, seven-pound, four-ounce daughter of Awbria and Nathan Simmons.

Jan. 24 – Cameron Tyler Springer, eight-pound, six-ounce son of Nickie and Brian Springer.

Jan. 26 – Carter Robert Hickey, nine-pound, nine-ounce son of Bonnie and Jerry Hickey.

Jan. 29 – Amilyon LaMorris Glover, seven-pound, 10-ounce son of Stephanie and Larry Glover.

Jan. 30 – Iliyah Ania Bryant, nine-pound, eight-ounce daughter of Heather and Michael Bryant.

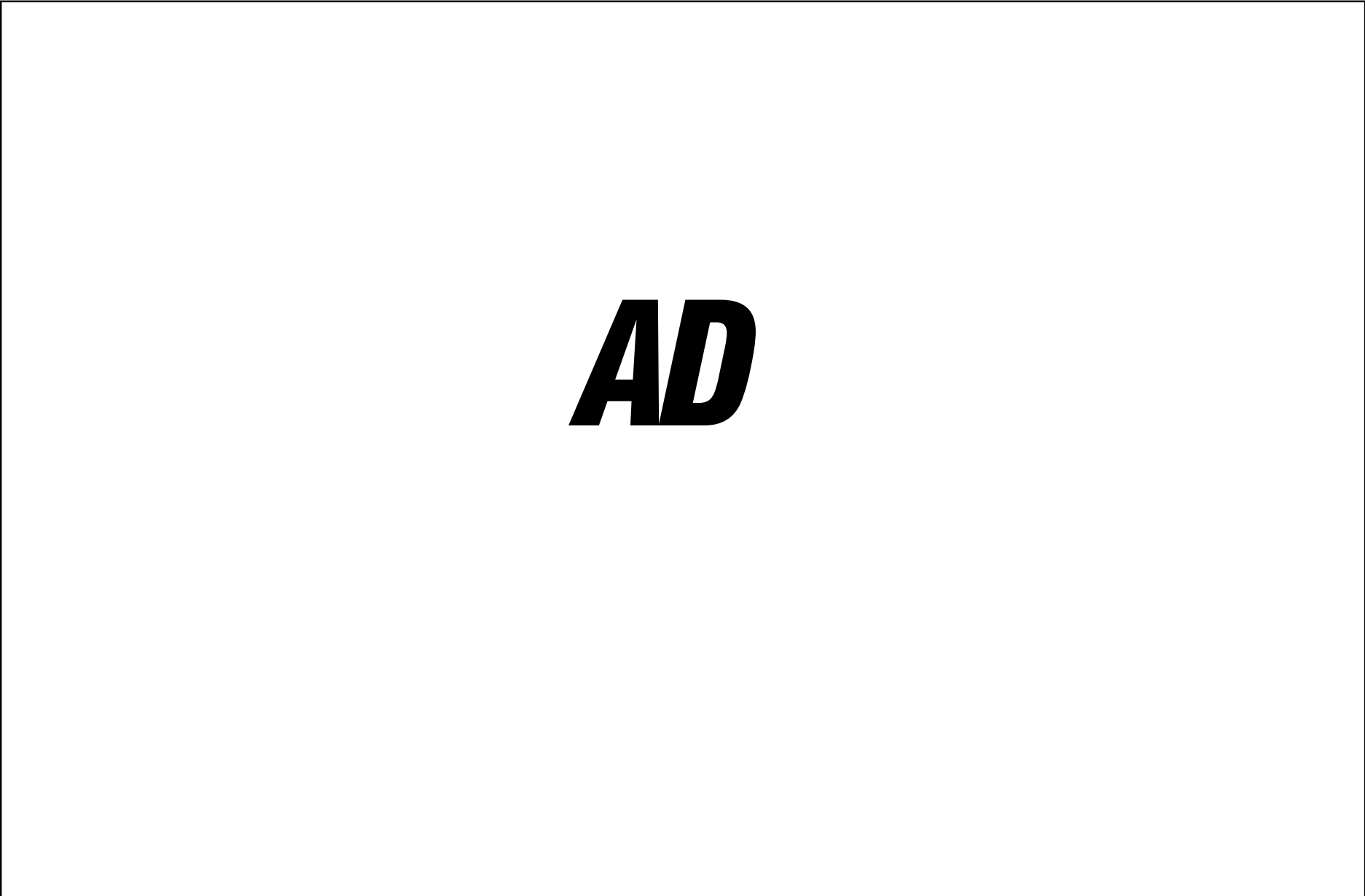
Feb. 5 – Devin Xavier Pfeifer, seven-pound, 13-ounce son of Tammy and Melvin Pfeifer.

Feb. 7 – Richard Allen Crom III, eight-pound, 15-ounce son of Emy and Richard Crom Jr.

Feb. 10 – Elysia Grace Zabala, seven-pound daughter of Angelina and Vincent Zabala.

Feb. 12 – Natalie Diane Huzij, seven-pound, 14-ounce daughter of Stephanie and Teodor Huzij.

Feb. 14 – Conner Kimball Standing, eight-pound, eight-ounce son of Diane and David Standing.



Open letter to Samurai warriors, family members



The following is an open letter to the servicemembers and families stationed at Yokota from the commander of U.S. Forces-Japan and Fifth Air Force.

Lt. Gen. Bruce Wright is the senior U.S. military representative in Japan and commander of U.S. Air Force units in Japan. He has received numerous awards and has more than 3,200 flight hours in nearly half a dozen aircraft.

*To the members of the 374th Airlift Wing:
For more than a year I have been honored to be your neighbor and a member of the Team Yokota family.*

I have watched you operate around the world, and your unwavering professionalism and visible commitment to our Air Force core values set the standard for our Pacific Air Forces. "Team Yokota" Airmen and family members have been exemplary in taking care of each other.

Your success in tackling some of the toughest mission challenges in this region have added new strength to the U.S.-Japan

Security Alliance. Your hard work and training for this upcoming inspection will pay off in the confidence and preparedness you will show the evaluators from the PACAF IG Team.

I know that you will make all of us, the IG team and your team, proud of who you are and what you do.

Thank you for your courage, and thank you for your readiness to defend freedom for all.

*Respectfully,
Lt. Gen. Bruce "Orville" Wright*

Be ready for the real battle being waged Airmen reminded that reason for inspection bigger than rating

By Col. Michael Riddle
374th Maintenance Group

As we prepare for the upcoming Operational Readiness Inspection, I noticed several things in the news which make all the work we are doing so worth while.

According to the headlines of a Japanese newspaper recently, the North Korean ambassador to Japan declared North Korea will "physically retaliate" if Japan imposes the economic sanctions they propose. This is no idle threat.

At the same time, the 24-hour television news broadcasts were talking about the bombing of a Shiite mosque in Iraq launching protests that have the possibility of leading the country in to civil war.

Closer to home, we had Yokota Airmen deployed in the Philippines with our C-130s, bringing international aid to help victims of the horrendous mud slide. Like many natural disasters we received no warning, yet we were immediately

prepared to go in and help.

Interestingly enough, while the world was rushing in to help with this catastrophe, terrorists tried to set off a bomb in the military academy Philippine President Arroyo was scheduled to visit.

Meanwhile, headlines in the United States show three American citizens were arrested on terrorism charges this weekend, while living in Ohio. These three were practicing their suicide bomb skills by blowing up the devices on the Fourth of July so the noise would blend in. (I can't help but note the Fourth of July is such an ironic cover for people trying to destroy freedom around the world.) They are also accused of sending information on the U.S. military to terrorists in Iraq and for planning to attack President George W. Bush during his visit to Ohio. This is in the heart of America. My parents live in Ohio. The world is still very much a dangerous place.

Although many good

countries are working very hard to bring freedom, equality, and human rights to the last holdouts in the world, the best diplomats are only as good as the bad guys' willingness to discuss problems in a rational and peaceful way. Our nation's leaders and diplomats would not have the leverage they need without a strong military.

Our armed forces are the best in the world not only because its personnel are expertly trained and equipped with the latest in technological tools, but also because we've been instilled with the highest level of integrity to put all this to a good use. We must never forget that we are a professional military and our levels of expertise and integrity can never waiver. Just as America depends on us, we depend on each other to be vigilant, trained, and prepared to make the ultimate sacrifice that is unique to our profession.

During March, President Bush will present the first Medal of Honor since the

1993 Somalia contingency. He will present it to the family of Sergeant 1st Class Paul Smith. Sergeant Smith died in Baghdad near the International Airport when he jumped into an abandoned armored vehicle to man a machine gun so his vastly outnumbered men could withdraw to a more secure location. He took care of his troops to the very end. He had the training, expertise, and integrity. His troops depended on him, and he was there for them. At the age of 33, he is survived by a wife, son and daughter.

We train because we must remain the finest fighting force the world has ever seen. We test ourselves in ORIs to remain razor sharp because we know what we do is very, very real. Not only our lives, but the future of our country depends on our readiness. This is not a game. The bad guys aren't playing.

But then again, neither are we. When called upon, we will be there as we always have, and we will be ready.



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AD

Understanding ABC'S of an 'outstanding' inspection

Attitude, Basics, Communication, Safety take top priority in Samurai Country

By Col. Scott Goodwin
374th Airlift Wing commander

Samurai and Kensei warriors ... the time has come.

We have prepped the battlefield; we've honed our combat skills and our mobility procedures; and our ability to survive and operate under pressure.

Together, we have endured multiple exercises, full-spectrum threat responses and readiness training days.

We have streamlined our processes and implemented new, efficient ways of accomplishing our mission.

As America's airlift hub in the Western Pacific, we have also proven our mettle in the face of adversity.

First, in the wake of the deadly tsunamis in Southeast Asia that killed more than 200,000 people, we set up an Air Expeditionary Wing and led the largest humanitarian airlift operation since the Berlin Airlift.

More recently, our support of the Balikitan exercise turned into an opportunity to again provide comfort to the needy, this time after the deadly

mudslides in the Southern Philippines. Our dedicated men and women provided the desperately needed relief supplies, again proving the importance of our world-class airlift mission here.

Now it is time to continue doing what we've been doing all along, but this time with the Pacific Air Forces' Inspector General Team in our midst.

As the fifth Chief Master Sgt. of the Air Force Robert Gaylor said, "An ORI is nothing more than doing your job – with an audience."

If we remain focused on the ABC's, we can ensure success and execute an outstanding inspection while showing our Samurai spirit.

A = Attitude. It will carry you a long way. This is a key element to our success. Keep a good attitude at all times. This applies not only during the ORI, but in our day-to-day operations, 365 days a year. Be positive, professional and helpful at all times. Be proud of what you do and don't be afraid to showcase what you do. Remember ORIs and real combat are both team events. Help each other out. Demonstrate a sense of ur-

Senior Airman Nicholas Hopper, 374th Aircraft Maintenance Squadron, uses a checklist to apply external power to a C-130 on the flightline here during an exercise in January. Task evaluations such as this are an important part of training for Airmen. The wing has prepared for the inspection with exercises.



photo by Tech. Sgt. Corey Clements



photos by Master Sgt. Val Gempis

Airmen from the 374th Airlift Wing process through a Contamination Control Area during Ability To Survive and Operate training in November 2005 at Yokota Field as Mt. Fuji looms behind them. The mountain is visible for only a few months during the year.

gency in all you do but remember leaning forward does not mean falling over.

B = Basics. Know them. Everyone already knows how to perform their specific jobs – don't do anything different. Also, be sure to pay attention to the details. We have time to check it twice, however we only have the chance to do it once. Knowing the basics also means knowing what's in the Airmen's Manual and being able to demonstrate those skills when called upon.

C = Communication. Keep it clear and concise. Provide accurate and timely reporting. Be sure to give understandable guidance and maintain the flow of information up and down the chain of command – don't make assumptions. If you're not sure, ask. If you can't resolve a problem at

your level, elevate the issue.

S = Safety. Always keep safety first. Although we need to respond with a sense of urgency, don't let safety take a back seat. Do things by the book and follow established procedures. Use all the personal protective equipment required for the task. Don't cut corners or try to invent new ways of doing business. Remember, safety equals mission success.

There's no doubt the Samurai Wing is trained and ready to execute our mission whenever and wherever needed. Whether it is for the upcoming ORI or a real-world crisis, the men and women of Team Yokota are ready to perform our important airlift mission here in the Western Pacific.

The ORI is our opportunity to demonstrate exactly that – BRING IT ON!

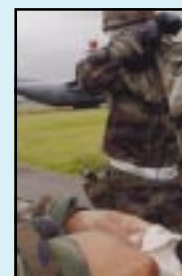
In this edition



SALUTE
Keep the enemy in their place by reporting their size, activity, location, time and equipment to a Unit Control Center



UXOs
Life and limb may be on the line, but Airmen are not intimidated by the threat with 4-step procedure and extra awareness



10-foot rule
MOPP up or put on gloves when coming close to a contaminated building or item, depending on the agent and time.

Keep human weapon system rested, ready

By Capt. Michael Luby
374th Airlift Wing Safety Office

Every Airman has a lethal weapon that they can unleash on the enemy: the human weapon system.

But just like every weapon system, the



photo by Tech. Sgt. Corey Clements

Airman 1st Class Patrick Towler, 374th Maintenance Squadron structural maintenance shop, performs usual job tasks on a C-130 while in MOPP 4 during an exercise in January.

human weapon system is only effective if it is maintained and ready to operate at its maximum level.

There are many things that reduce the body's ability to perform but the one that probably has the biggest impact is fatigue.

While Airmen look out for themselves and their wingmen, look for the following signs of fatigue: Forgetfulness, poor decision making, slowed reactions, poor communication, and bad moods. These lead to increased risk taking, reduced vigilance, and possibly a mishap.

A good night's sleep is the only cure for fatigue.

However, if Airmen are not able to sleep, there are some things you can do to reduce the effect of fatigue. When performing repetitive work, take a short break every hour. If Airmen have been sitting, get up and walk around to get blood flowing. Foods with higher levels of proteins

can also help fight fatigue.

If there is an opportunity, take a 20-minute nap to combat mental fatigue. Make sure not to nap more than 30 minutes. Longer naps allow a deeper stage of sleep making it harder to wake up.

When Airmen finally are able to go to sleep, make sure to get seven to eight hours in a quiet, dark, temperature-controlled room. If Airmen are fatigued at the end of their shift, they should not risk driving. Being awake for 24 hours is equivalent to a blood alcohol level of .10. Some states have made driving while fatigued a crime. Airmen should find a fellow wingman to drive them home or take a nap before driving themselves.

Because the mission here demands 24-hour operations, fatigue is an issue all Airmen have to deal with. By staying well rested, maintaining situational awareness, and practicing good risk management, Airmen are one step closer to preventing a mishap and disrupting the mission.

Check out gear daily before going on shift

Samurai warriors should make sure they have the following items prior to heading out each day during the Operational Readiness Inspection.

✓ **In Phase I:** Battle Dress Uniform cap, military identification card; government driver's license; line badge; Airman's Manual; Rules of Engagement dated March 3; two dog tags worn around the neck; reflective belt.

✓ **In Phase II:** helmet marked properly in the front and back; web belt; canteen filled with water; gas mask with inspection card properly filled out; mask fit test evaluation sheet; chemical suit marked properly with M-9 paper and identification; chemical gloves and glove inserts; chemical boots; eyeglass inserts (if worn); M-8 paper; M-291 decon kits; 2-Pam chloride and atropine (if issued); Cipro tablets (if issued).

Information Assurance priority in real world, inspections

Airmen reminded to never give out network password

By Staff Sgt. John Baker
374th Communications Squadron

Every day Security Forces Airmen stand watch at the gates of Yokota Air Base protecting against unauthorized entry.

Similar to the way Security Forces providing physical security for the base, there is a group of professionals providing cyber-security here.

Each month there are several

attempts to gain access to the network, some successful and some not.

Similarly, enemies can use lost identification cards and carelessly trashed uniforms to gain access to the base, while cyber-terrorists use many tactics to gain access to the Yokota military network.

Airmen can help protect the network by:

⇒ never give out your pass-

word to anyone for any reason. Network Control Center technicians do not need a password to trouble shoot network problems and will never ask for a password.

⇒ immediately report any attempt to gain a password to your Unit Information Systems Security Officer, Work Group Manager or the 374th Communications Squadron's Communications Focal Point.

⇒ never allow unauthorized access to your user account. Air Force accounts are only for authorized licensed users. Every user on base is to

use their account only and not allow others use.

⇒ challenge unknown personnel in your work area. Do not allow access to computers, communication closets, or network devices to unknown individuals. Clear all work personnel through area security managers.

⇒ memorize passwords. Don't place passwords underneath keyboards or in a wallet or purse.

⇒ keep positive control of all communication equipment. In the event of lost equipment, Airmen should immediately

notify their Unit Control Center, the Information Systems Security Officer or the 374th CS Communications Focal Point.

Each Airmen has a responsibility to do their part to protect Air Force resources. When Airmen create strong passwords and safeguard those passwords, they are not only protecting their own information but the rest of the base and potentially other Air Force installations as well.

Don't be the one to leave the gates open.

For more information contact your WGM or call 225-8699.

Take time to eat during the ORI

Basic Military Training emphasizes that Airmen need three meals a day, and Samurai Country senior leaders agrees.

However, Airmen must watch out for, and follow, additional rules during the Operational Readiness Inspection this week.

During Phase I, which is the time between the start of the exercise up to the point that MOPP 0 is declared, Airmen can go to the Yokota Community Center or other restaurants and food services around base.

In Phase II, or after MOPP 0 is declared, Airmen must process through the main base Information Center before and after going to the dining facility. No food from the YCC or other food establishments are permitted during Phase II.

If an attack occurs while participants are using the Samurai Cafe dining facility, they must don their gear for two minutes. After two minutes they can take off their gear and continue eating their meal. Airmen have 30 minutes to eat at the dining facility during Phase II.

Airmen are encouraged to stop by the Samurai Cafe prior to coming on shift to pick up a Meal, Ready-to-Eat (MRE). Airmen also have the option of bringing their own food from home.

MREs are available 24 hours a day, and the dining facility is open for:

Midnight meal = 11 p.m. to 1 a.m.

Breakfast = 5 to 8:30 a.m.

Lunch = 11 a.m. to 1:30 p.m.

Dinner = 4:30 to 7:30 p.m.

For more information about meal procedures during the inspection, see page five of the wing's rules of engagements.

Know how to SALUTE

It is a matter of millions of dollars and numerous lives when it comes to maintaining base security.

During the Operational Readiness Inspection, Airmen will be tested on many tasks, including how well they protect the base and assets.

If Airmen see enemy ground forces activity, they should remember SALUTE:

Size = number of people or equipment seen, and the size of the equipment.

Activity = description that could include the enemy assaulting, fleeing or observing.

Location = where the enemy was found, including ground coordinates if available.

Unit = distinctive signs, symbols or identification on the enemy or their assets.

Time = when the activity was observed.

Equipment = items and vehicles associated with the activity.

An example of a message using



photo by Airman 1st Class John Albea

Airman Marcus Patrick, 374th Security Forces Squadron, arrests Airman 1st Class Kyle Velasquez, 374th Communications Squadron, during an exercise held here in January.

SALUTE would sound like: "Three enemy forces heading toward the building generator from the south end of the building at 0115. Enemy wearing urban camo, and has M-16s and chemical gear."

SALUTE reports should be given to a Unit or Group Control Center as soon as possible after observing the enemy activity.

Self Aid/Buddy Care keeps Airmen alive

The upcoming inspection isn't a matter of life or death – but an evaluation of how Airmen respond to medical emergencies and scenarios.

Airmen are training not for an Operational Readiness Inspection but for the real warfare that is a real possibility.

When attacks from weapons and ground enemy forces inflict injuries on Airmen, it is often fellow Airmen who are the first critical responders. During chemical attacks, fellow Airmen are extremely critical to helping a wingman survive because ambulances do not run before or after a chemical attack.

If an Airman finds a fellow Airman injured or unconscious, they should follow the ABCDE steps:

✓ **A = airway.** Establish an open airway by using a jaw thrust maneuver, remembering not to turn the Airman's head because a

neck injury might have occurred.

✓ **B = breathing.** Make sure the Airman is breathing. If they are not breathing, then start doing CPR, or Cardio-Pulmonary Resuscitation.

✓ **C = circulation.** Stop bleeding by putting direct pressure on any wounds the Airman might have. Tourniquets should only be used as a last resort when there is a serious threat to the Airman's life.

✓ **D = disability.** Prevent further disability by dressing open wounds properly and splinting obvious broken or fractured limbs. Also immobilize neck injuries.

✓ **E = exposure.** Minimize exposure to adverse weather conditions that might exist such as extreme cold or heat, and precipitation.

If the injury occurs in a chemical environment, Airmen must re-

member to first ensure that they are properly wearing their own mask then put on the injured Airman's mask.

Casualties may also need to be decontaminated before medical aid can be performed.

Injured Airmen should always be treated for shock regardless of what type of injury they may have. Symptoms include confusion, sweaty but cool skin, shallow breathing, and a weak pulse. To treat shock, Airmen should keep the injured Airman's airway open and elevate their legs. The injured person should not eat or drink while in shock.

If treating an abdominal wound or bleeding, Airmen must remember to not remove old dressings but add more dressings over the old ones if needed.

Splints should be used for



courtesy photo

Airmen put a splint on a fellow Airman during an exercise, demonstrating effective self-aid and buddy care skills.

fractures, and the injured person should preferably not be moved from where they move.

Airmen should report the casualty to their Unit Control

Center.

For more information, see the critical lists at the back of the Airman's Manual.

Sandbag hardening simulations provide extra protection

Maintaining buildings and assets is an integral part of defense and survival during wartime.

To do this during the Operational Readiness Inspection, Airmen should use a sandbag simulation representing hardening of facilities and assets.

Buildings and assets that are not hardened or require added protection will be hardened using the sandbag simulation. The simulation represents sandbag wall construction around a building or asset.

Airmen will construct the pattern pictured above at the corners of a building or asset, and also on each side of a building's entry and exit point. The sandbag's tied-off ends and side seams should be placed away from the threat area and facing the building or asset.

Before using this simulation, Airmen should check with their Unit or Group Control Center to determine whether



Begin the sandbag facility hardening simulation with this configuration.



Place two more sandbags in like fashion across the configuration's foundation.



Finish the simulation with one sandbag placed on top of the previous layer.

or not a facility or asset must be hardened during the inspection.

Burlap bags are preferred for sandbags in a chemical or biological threat area. Plastic bags should only be used if necessary because these bags do not absorb chemical and biological agents as quickly as burlap.

For more information about hardening facilities and assets in real world situations, check page 62 in the Airman's Manual.

Local simulation hardening information is available via the base intranet or at Unit and Group Control Centers.

Inspection provides potentially explosive situations



photo by Airman 1st Class Javier Cruz Jr.

Airmen from 374th Maintenance Squadron cordon an unexploded ordnance during an exercise in December 2005.

The military's wartime job can be a dangerous one, especially when it involves unexploded ordnance.

Commonly known as UXOs, these can be conventional, chemical or biological weapons. Sizes range from less than one foot long to more than eight feet. They can be packaged as mines, rockets, missiles, bombs and numerous other ways.

Ordnances can be found at any time during the upcoming Operational Readiness Inspection regardless of the phase, alarm, or MOPP level. Base officials advise Airmen to be alert to their surroundings and exercise additional caution while conducting sweep team operations after an attack.

Airmen must be careful not to touch or to disturb a UXO in any way because ordnances can include anti-disturbance or anti-removal devices.

During both the inspection and real world situations, Airmen must complete the following steps when they find an UXO:

✓ recognize the UXO and take note of its size, shape and other features;

✓ record its position by stopping when they have noticed the UXO and marking a perimeter around it;

✓ retreat from the area that the UXO is in by the same path that they came from or through a well-traveled path;

✓ report by radio the UXO to their Unit Control Center, remembering to keep at least 25 feet away from the UXO with a handheld radio and 100 feet away with a vehicle radio.

For more information about UXO procedures, check pages 128 and 129 in the Airman's Manual. Airmen should also check with their Unit or Group Control Centers for further guidance.

Contamination controlled by transition points

By Senior Airman Julia Hall
374th Civil Engineer Squadron

Whether driving or walking during the Operational Readiness Inspection, Airmen must stop at a chemical zone transition points and follow the posted rules.

When entering a contaminated area, Airmen should assume the required MOPP level and check their equipment.

When exiting a contaminated area, Airmen should check themselves, their equipment and fellow Airmen for contamination.

Airmen should also plan their routes to work accordingly during an exercise and allow time for transition zones. Travel should also be limited to avoid cross contamination.

Contaminated Airmen should process through the nearest Contamination Control Area after contacting their Unit Control Center. Airmen should immediately use M-291 or M-295 kits if they suspect contamination at any time.

For more information, refer to the Airman's Manual or page six of the base Rules of Engagement.

Airmen will see this sign posted along the road at transition points where they should stop to adapt to that zone.





photo by Master Sgt. Val Gempis

Airmen suit up in MOPP 4 during an exercise in October 2005. Airmen should wear proper MOPP gear when they are using or near contaminated assets or buildings.

Near contamination? Take an extra 10 feet

By Senior Airman Bob Fowlkes
374th Civil Engineer Squadron

The alarm goes off, and a chemical weapon is dropped, contaminating a large portion of the base. Airmen now have an extra factor to consider – working in a contaminated environment.

When walking by or into a contaminated building, or near a contaminated asset, Airmen will be directed whether the “10-foot rule” is in effect. The rule is meant to protect individuals who may have to touch, use or be around a contaminated asset.

In the initial phase of the 10-foot rule, Airmen are directed to wear appropriate MOPP gear when using or around the contaminated assets. Use of the rule depends on the weather and the chemical as to how long an asset remains in the 10-foot rule. In most cases, it is approximately 24 hours.

When the initial phase of the 10-foot rule expires, Airmen should put a single line through the inverted triangle that notes an asset is contaminated, remembering to note the date and time the line was drawn.

Airmen must wear MOPP 4 before entering and exiting any contaminated building 24 hours after the building became contaminated.

Following the initial phase is usually the “gloves forever” rule. This rule protects Airmen from coming in direct contact with contaminated assets.

Airmen must wear gloves whenever near the asset or using it for the rest of the asset’s lifespan.

The 10-foot rule and “gloves forever” rules can be applied to anything from a building to a vehicle to a person that is contaminated.

Samurai warriors can find more information about the 10-foot rule and “gloves forever” on page six of the current Rules of Engagement for the base, and on page 204 of the Airman’s Manual.

MOPP up properly for mission

To fight the enemy, Airmen must be able to survive adverse conditions that may include chemical and biological attacks.

MOPP, or Mission-Oriented Protective Postures, are one way Airmen do this.

The gear includes a gas mask with a C2 series canister, field items such as a helmet and canteen, overgarments, gloves and overboots.

When intelligence indicates a high probability of attack, senior leadership will direct Airmen to assume MOPP 0, which means wearing their field gear and carrying their protective garments, or MOPP 2, which is wearing the overgarment suit and boots while carrying their other gear.

Women should remove all hair clips, pins and elastic bands when

MOPP: Mission-Oriented Protective Postures



in MOPP 0 and higher, tucking their hair inside their overgarments. Hair items can cause a gas mask to not seal, which may allow chemical or biological agents in.

Airmen must remember to inspect and record their gas mask’s

serviceability every seven days during wartime. During peacetime, Airmen need to check their gas mask every six months.

For more information about MOPP procedures, review pages 21 through 33 in the Airman’s Manual.

Alarms speak volumes during wartime

ALARM CONDITIONS	IF YOU:	THIS INDICATES:	GENERAL ACTIONS
GREEN	HEAR: ALARM GREEN	ATTACK IS NOT PROBABLE	-MOPP 0 OR AS DIRECTED -NORMAL WARTIME CONDITION -RESUME OPERATIONS -CONTINUE RECOVERY ACTION
YELLOW	HEAR: ALARM YELLOW	ATTACK IS PROBABLE IN LESS THAN 30 MIN.	-MOPP 2 OR AS DIRECTED -PROTECT AND COVER ASSETS -GO TO PROTECTIVE SHELTER OR SEEK BEST PROTECTION WITH OVERHEAD COVER
RED	HEAR: ALARM RED, 3-5 MIN. WAVERING TONE HEAR: GROUND ATTACK, BUGLE CALL	ATTACK BY AIR OR MISSILE IS IMMINENT OR IN PROGRESS ATTACK BY GROUND FORCES IS IMMINENT OR IN PROGRESS	-SEEK IMMEDIATE PROTECTION WITH OVERHEAD COVER -MOPP 4 OR AS DIRECTED -REPORT ATTACKS -TAKE IMMEDIATE COVER -MOPP 4 OR AS DIRECTED -REPORT ATTACKS
BLACK	HEAR: ALARM BLACK, SIREN (STEADY TONE) SEE: BLACK FLAG	ATTACK IS OVER AND NBC CONTAMINATION AND/OR UXO HAZARDS ARE SUSPECTED/ PRESENT	-MOPP 4 OR AS DIRECTED -PERFORM SELF-AID/ BUDDY CARE -REMAIN UNDER OVERHEAD COVER OR WITHIN SHELTER UNTIL OTHERWISE DIRECTED

During critical times such as contingencies and war, the Air Force uses numerous tactics to keep its Airmen informed of current conditions.

The standard alarm system is one of these tactics. Generally, when MOPP 0 is declared, the base will also use the chart (pictured to the left) to tell Airmen what actions to take.

Alarm Green is a cautionary declaration that tells Airmen to check their gear and to prepare buildings and assets for possible attack.

When Alarm Yellow is called, Airmen should ready themselves for an attack which is predicted to occur in less than 30 minutes. Airmen are usually in MOPP 2 by the time this alarm is called.

Alarm Red tells Airmen that an attack by air or missile is imminent or in progress, and to take cover.

During Alarm Black, or when the attack is over, sweep teams check for contamination and unexploded ordnance.

For more information about the standard Air Force alarms, Airmen should check the alarm color reference in their Airman’s Manual.

Auto-injectors critical item for survival during wartime, contingencies wherever Airmen are located

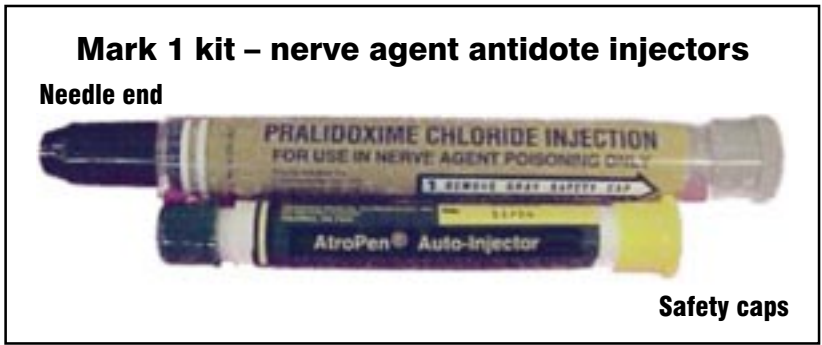
Chemical and biological weapons are a serious and deadly threat to all Airmen.

Protective overgarments and gas masks are only one method Airmen can protect themselves and survive in these adverse conditions.

Nerve agent antidote injectors are also a part of the readiness package. These auto-injecting medications should only be used when Airmen notice mild or severe symptoms that indicate nerve agent exposure.

Mild symptoms include: blurred vision, watery eyes, runny nose, tightness of chest, sudden drooling or headache, clammy skin, muscle twitching, stomach cramps, and nausea.

Severe nerve agent symptoms include: convulsions, muscle twitch-



ing and weakness, vomiting, urination, defecation, wheezing, coughing, difficulty breathing, pinpoint pupils, red eyes, and strange, confused behavior.

These symptoms appear because the agent affects the body’s nervous system, causing ordinary body functions controlled by the system to fail.

Airmen are issued three kits, commonly called a Mark 1. The small injector is always given first followed by the larger injector. The injections can be given in the thigh or buttocks area, and must be held in place for 10 seconds each.

For more information, check pages 146-147 in the Airman’s Manual.

OPERATIONAL READINESS INSPECTION TOP 10 VIOLATIONS

- “John Wayne” – Helmet chin strap dangling
- “Sad Sack” — Web belt riding low
- “Mickey Mantle” — Wearing a unit ball cap
- “Gomer Pyle” — Saluting in MOPP gear
- “Lawrence of Arabia” — No water in canteen
- “Snoopy” — No dog tags
- “Road Kill” — No reflective belt
- “General Custer” – No Airman’s Manual
- “Johnny Ringo” — Gas mask carrier unsecured
- “Steve O” — Failing to process through the Information Center

Off base

Taiko Drum Concert: The International Christian University is performing a taiko drum concert Saturday beginning at 5:30 p.m. and Sunday at 2 p.m. at Hachioji Ichou Hall near the Hachioji station. The cost is 1,000 yen for adults, and 700 yen for students. Call 080-3500-1727.

Plum Tree park festival: This well-known plum tree park in Tama, called Yoshino Baigo, is hosting its annual festival Feb. 25 to March 31 from 9 a.m. to 5 p.m. daily. There are more than 25,000 plum trees in 120 different varieties. The park is a 15-minute walk from the JR Ome Line's Hinata Wada Station.

Hamura City's Flower and Water Festival: Hamura City's cherry blossom trees and tulips will be in bloom between March 17 and April 23. The trees and flowers can be seen near Hamura Dam and Negarami-mae's paddy field. Parking costs 500 yen per day.

Dance Dance Dance 2006: The Yutorogi Dance-Off is April 9 at 1:30 p.m. at the Yutorogi Main Hall in Hamura City. Applications are now being accepted. Only the first 30 applicants will be accepted. Prizes include 50,000 yen for the contest champion. Dance styles include hip-hop, break dancing, free style and others. For more information, send a fax to Ms. Chiba at 042-570-6422.

On base

Movies

Today – *Grandma's Boy*, R, 7 p.m.; *Running Scared*, R, 9:30 p.m.

Saturday – *Hoodwinked*, PG, 2 p.m.; *Casanova*, R, 7 p.m.; *Running Scared*, R, 9:30 p.m. (adults only)

Sunday – *Hoodwinked*, PG, 2 p.m.; *Running Scared*, R, 7 p.m.

Monday – *Running Scared*, R, 7 p.m.

Tuesday – *Casanova*, R, 7 p.m.

Wednesday – *Running Scared*, R, 7 p.m.

Thursday – *Grandma's Boy*, R, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

Asian Bazaar

Yokota High School Project Graduation* is hosting an Asian Bazaar and Kanda Art sale on Saturday at the Officers' Club from 9 a.m. to 8 p.m.

Play cancelled

The Yokota Players* have cancelled their production of "The Odd Couple." Look for more productions soon.

Spring bazaar

The Yokota Officers' Spouses Club* is hosting its annual spring bazaar April 1 from 9 a.m. to 6 p.m., April 2 from 10 a.m. to 4 p.m. in Hangar 15. Volunteers are needed to assist vendors, donate baked goods, and provide translation services. Send an e-mail to yoscbazaarvolunteer@yahoo.com.

MOPS

Mother of Preschoolers invites all mothers of newborns to age five to its monthly meeting March 21 at the Traditional Chapel from 9:15 to 11:30 a.m. Child care is available during the meeting. Call 227-3775.

Thrift shop

The Yokota Officers' Spouses Club* thrift shop is open Mondays, Fridays and the first Saturday of each month from 9 a.m. to 1 p.m. at the Taiyo Recreation Center. Volunteers are also needed. Call 225-8296.

Fiesta for families

Single parents and spouses with deployed spouses are invited to a fiesta at the Family Support Center March 24 beginning at 6 p.m. Call 225-8725.

SOS

The base chapter of Secular Organization for Sobriety, or Save Our Selves, is offering regular meetings and support to addicted individuals. E-mail sos-yokota@hotmail.com or visit <http://www.sossobriety.org/>.

UMUC

The University of Maryland University College is holding registration for Term 4 classes March 20 to 31. Call 225-8922 or visit <http://www.asia.umuc.edu>.

College classes

Central Texas College is offering on-site courses for Term 4 including criminal investigation, children with special needs and introduction to PC operating systems. Registration dates are March 20 to 31. Term dates are April 3 to May 27. Call 225-9133.

Scholarships offered

The Yokota Officers' Spouses' Club* is sponsoring scholarships for SOFA-status Yokota High School seniors and SOFA-status spouses who will be enrolling in college this spring. Visit <http://www.yosc.org>.

The Yokota Enlisted Spouses' Club* is offering two \$1,000 scholarships to Yokota High School seniors. The deadline for application is April 28. Applications are available at the high school or requested through yokotaesc@yahoo.com.

The Tokyo Alumnae Chapter of Delta Sigma Theta Sorority* is sponsoring scholarships for SOFA-status high school seniors throughout the Kanto Plain. Applications must be submitted by April 30. Call 227-3638 or 227-3834.

The Honshu Chapter National Defense Transportation Association* is offering scholarships for high school seniors. Applications are available at Yokota High School.

Excelsior exams

The base education center offers Excelsior exams Tuesdays at 1 p.m., and Wednesdays and Thursdays at 8 a.m. in various subjects. For more dates and tests, call 225-7337.

Earth Week

The base environmental flight is celebrating Earth Week at the Yokota Community Center April 22. Numerous displays and infor-

Samurai Warriors



of the Week



Senior Airman Christina Manuel

Senior Airman Christina Manuel, 374th Contracting Squadron, is this week's Samurai Warrior of the Week for exhibiting the Bushido qualities of courage and sympathy toward all people.

Airman Manuel is a contract administrator for the Army Support flight. She is solely responsible for 17 contracts valued at \$4.8 million, including services for Camp Zama, U.S. Forces-Japan, and support of three bilateral Army exercises.

She is also the president of the squadron's Orphanage Outreach Committee and has organized five functions this year, improving the lives of 75 children. She has two classes left before completing her undergraduate degree in English.

mation tables will be at the YCC. Call 225-5440.

days through Wednesdays from 9 to 11 a.m. It is in Bldg. 3302.

Yokota Singles

All singles are invited to a free coffee and snack bar every Friday from 7 p.m. to 1 a.m. in the building behind the Traditional Chapel. The group also hosts a Bible study and free dinner Tuesdays beginning at 5:30 p.m. in the same building.

Career Day

Yokota West Elementary School needs volunteers to speak during its annual Career Day March 31. Participants must prepare a 20-minute presentation. Call 225-7611.

Closure

The Furnishings Management Office is closed April 3 to 7. The office reopens April 10.

Tax center open

The Tax Center is open Mondays, Tuesdays and Wednesdays from 9 a.m. to 4 p.m., and Thursdays from 10 a.m. to 7 p.m. Walk-in hours for 1040EZ filing are Mon-

Correction

The following captains based at Yokota were also selected for promotion to major: Christopher May, Air Force Legal Services; Anthony Walker, AFELM; Michael Wigen, AFELM.

Chapel Schedule

Traditional (West) Chapel
Catholic: Mass, Sundays at 9:15 a.m. and 5 p.m.

Protestant: Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 12:30 p.m.; Seventh Day Adventists, Saturdays at 9 a.m.

Contemporary (East) Chapel
Protestant: Gospel service, Sundays at 11 a.m.; Korean Service, Sundays at 2 p.m.; Contemporary service, Sundays at 5 p.m.

PO disclaimer

An asterisk (*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

AD

“Quotes” & Things

“I may not be the bestest pitcher in the world, but I sure out-cutes ’em.”

Satchel Paige

Outdoor Rec: The Outdoor Recreation Center is offering the following snowboarding and skiing trips: Hakua Happa-one on Wednesday; Shiga Kogen from March 18 to 19; Tsugaike on March 22; Niseko from March 23 to 26; Myoko Sugino-hara on March 25; Okutadami on April 5. Call 225-4552.

Tama Golf: The Tama Hills Golf Course offers daily and annual greens fees to its regular customers along with rentals and lessons. Call 224-3426.

Dive Club: The Yokota Finatics Dive Club meets every first Thursday of the month in Bldg. 909 behind Hangar 15. Visit <http://groups.yahoo.com/group/yokotafinatics/>.

Half-marathon: Camp Zama is hosting a half-marathon along with a 5K and children’s race at Sagami Depot April 23. Call 263-5995.

Run: The wing holds a two-mile run every Friday at 6:30 a.m. beginning at the Samurai Fitness Center.

Fencing: The Yokota Fencing group hosts free fencing lessons at the Family Support Center Tuesdays and Thursdays from 5:30 to 7:30 p.m. Visit <http://www.blacktigers.groo.us>.

Fuji Flyer: Send sports briefs, statistics, and submissions to fuji.flyer@yokota.af.mil or call 225-8833.

Samurai warrior leaves martial arts legacy

By Senior Airman Katie Thomas
Editor

At age eight, he sat outside his town’s martial arts school every day for one month in hopes of being taken in as a student even though the school was full.

Now age 34, Senior Airman Carlos Mendez is a world-class athlete and Olympian in Judo partly due to his patience that month.

“I believe that everyone is good at something,” said Airman Mendez. “You just have to find it and realize what it is. Once it gets your interest, you are caught. I knew that Judo was for me because I felt an affinity with the sport.”

He grew up in a family of eight, including four brothers and two sisters, in the small town of Aguada, Puerto Rico.

Airman Mendez picked up the idea of Judo after watching an episode of “The Flintstones,” where Wilma and Betty tried out the martial art.

“I grew up in a very low socio-economic status,” he said. “My family was poor and Judo worked out well for us because it is a cheap sport. You don’t need any equipment except for your own body to fight.”

From age eight to 13, Airman Mendez did not lose a single match. When he beat the best Judo competitor at the Puerto Rico Open at age 15, he knew Judo was the sport for him.

“I can still remember it like it happened today,” he said. “It seemed to be in slow motion and I remember every move as he fell, then the



courtesy photo

Senior Airman Carlos Mendez (right), 374th Medical Operations Squadron, throws an opponent during a Judo competition in Cuba prior to joining the Air Force in 2002.

silence right after. I couldn’t believe I had just beat him and the crowd couldn’t either.”

He moved to the United States during his high school years, and eventually earned a degree in radio, television and film from San Jose State University while also continuing to study Judo.

From 1991 to 1999, Airman Mendez worked his way up to becoming the seventh best in Judo in the world, earning an invitation to and competed in the 2000 Olympic Games.

It wasn’t until 2002 that he considered joining the Air Force.

“A retired master sergeant who knew about the military’s World Class Athletes Program approached me and told me to think about,” he said.

He enlisted and completed training as a mental health technician. Airman Mendez said he is thankful for the support of his flight at the 374th Medical Operations Squadron and the doctors here who keep him “patched up” and ready to compete.

While stationed at Yokota, he taught and studied at Tokai University in Tokyo, and he became the world champion in Judo for ages 30 to 34.

“I owe a huge debt to society for all the opportunities that I have had, and I want to repay it,” said Airman Mendez. “I want to go for a master’s degree in education, and help kids find out what they do best and succeed at it, whether it is Judo or football or anything else out there.”

HAWC: balance nutrition, exercise for healthier self

By Maj. Shelia Thornton
Health And Wellness Center

Nutrition is how food meets the human body’s needs.

Being well-nourished depends on getting enough of the required nutrients, but not over-doing it.

People need to have sound nutritional advice to make wise food choices. Healthful eating and active living help people feel their best, work productively and lower their risks for some diseases.

Foods are complex substances. While people enjoy the sensual qualities of food such as the appearance, aroma, texture, and flavor, the human body relies on the life-sustaining functions that nutrients in food provide.

Carbohydrates are the body’s main source of energy, or calories. All food except meats and fats contain carbohydrates. Steering clear of the “simple carbs” such as cake, cookies and soda helps trim people’s waistline.

People should stick to “complex carbs” like vegetables, whole grains, and fruits. These are also good sources of dietary fiber.

Fiber is a carbohydrate that aids in digestion and offers protection from some diseases. However, fiber is not a nutrient because it is not digested and absorbed into the body.

Fats supply energy too, but they have other functions, including transporting nutrients and are made up of fatty acids. Fatty acids are not all the same; some are more sat-

urated leading to clogged arteries and high blood pressure.

Proteins supply amino acids, which are building blocks that build, repair and maintain body tissues.

Here are some basic guidelines for healthy food choices:

✓ **Eat a variety of foods.** Variety in food choices is fundamental to good nutrition and your good health. Each day the body needs the nutrients and other healthful substances that a varied eating plan provides. Most foods and beverages have more than one nutrient, but none has them all.

✓ **Balance food with sufficient physical activity.**

✓ **Add plenty of grain products, vegetables, and fruits to a daily eating plan.**

✓ **Lower overall fat intake especially saturated fat,** and keep cholesterol intake to less than 300 milligrams per day.

✓ **Watch sodium and salt intake.** These increase fluid retention contributes to high blood pressure.

✓ **Moderation is key.** Simple sugars and alcoholic beverages don’t offer any nutritional value, just extra calories. That’s not to say people cannot have their favorite sweets, but try to have smaller portions of them less often.

During this month, which is recognized as National Nutrition Month, people can try keeping a food journal to check what foods they are eating and find areas that need improvement.

AD